SESSION #2
LONG SWIM

Warm up:

- 200 super easy
- 400 pull with good roll
- 600 fins ↑6/3/6 ↓

Main:

- 8x 200 f/s steady pace
- 30s recovery between each one or one beep if using wetronome set to 25m intervals

Warm down:

- 200 choice

Session difficulty 3/5
Total distance 3000